

Amendments to the Claims:

Claims 1 – 20 are cancelled.

21. (Currently Amended) A method of cooking rice, noodles or pasta wherein sticking is avoided, ~~comprising~~ consisting of:
- mixing rice, noodles or pasta with white potato-derived water-soluble acidic polysaccharides prior to, during, or after heating the rice, noodles or pasta, the polysaccharides having uronic acids as constituents and a starch content of no more than 60 wt % and heating the rice, noodles or pasta in water,
- wherein the polysaccharides are added in an amount in which the uronic acids are 0.003 – 1.0 wt% of the rice, noodles or pasta.
22. (Previously Presented) The method of claim 21, wherein the polysaccharides are added in an amount in which the uronic acids are 0.035 – 0.5 wt% of the rice, noodles or pasta.
23. (Previously Presented) The method of claim 21, wherein the polysaccharides are added in an amount in which the uronic acids are 0.08 – 0.2 wt% of the rice, noodles or pasta.
24. (Cancelled)
25. (Previously Presented) The method of claim 21, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 30 wt%.
26. (Previously Presented) The method of claim 21, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 10 wt%.
27. (Cancelled)
28. (Cancelled)

29. (Cancelled)
30. (Cancelled)
31. (Cancelled)
32. (New) A method of cooking rice, noodles or pasta wherein sticking is avoided, consisting essentially of:
mixing rice, noodles or pasta with white potato-derived water-soluble acidic polysaccharides prior to, during, or after heating the rice, noodles or pasta, the polysaccharides having uronic acids as constituents and a starch content of no more than 60 wt % and heating the rice, noodles or pasta in water,
wherein the polysaccharides are added in an amount in which the uronic acids are 0.003 – 1.0 wt% of the rice, noodles or pasta.
33. (New) The method of claim 32, wherein the polysaccharides are added in an amount in which the uronic acids are 0.035 – 0.5 wt% of the rice, noodles or pasta.
34. (New) The method of claim 32, wherein the polysaccharides are added in an amount in which the uronic acids are 0.08 – 0.2 wt% of the rice, noodles or pasta.
35. (New) The method of claim 32, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 30 wt%.
36. (New) The method of claim 32, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 10 wt%.
37. (New) A method of cooking rice, noodles or pasta wherein sticking is avoided, consisting essentially of:

mixing rice, noodles or pasta with white potato-derived water-soluble acidic polysaccharides prior to, during, or after heating the rice, noodles or pasta, the polysaccharides having uronic acids as constituents and a starch content of no more than 60 wt % and

heating the rice, noodles or pasta in water,

wherein the white potato-derived water-soluble acidic polysaccharides are added in an amount in which the uronic acids are 0.003 – 1.0 wt% of the rice, noodles or pasta and the polysaccharides are used in combination with at least one additive, the additive selected from the group consisting of

emulsifiers,

animal-derived fats or oils,

vegetable-derived fats or oils,

fat-soluble vitamins,

polysaccharides selected from the group consisting of dextrin, agar, carrageenan, furcelleran, tamarind seed polysaccharide, tara gum, karaya gum, pectin, xanthan gum, sodium alginate, tragacanth gum, guar gum, locust bean gum, pullulan, gelatin, gum arabic, water-soluble soybean polysaccharides, hyaluronic acid, cyclodextrin, chitosan, carboxymethyl cellulose (CMC), alginic acid propyleneglycol ester, curdlan, gum ghatti, and psyllium seed gum,

hydrolysates of the polysaccharides,

starches,

sugar alcohols,

proteins,

salts, and

organic acids or salts thereof.

38. (New) The method of claim 37, wherein the white potato-derived water-soluble acidic polysaccharides are added in an amount in which the uronic acids are 0.035 – 0.5 wt% of the rice, noodles or pasta.

39. (New) The method of claim 37, wherein the white potato-derived water-soluble acidic

polysaccharides are added in an amount in which the uronic acids are 0.08 – 0.2 wt% of the rice, noodles or pasta.

40. (New) The method of claim 37, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 30 wt%.

41. (New) The method of claim 37, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 10 wt%.